

WHAT IS CLAIMED IS:

1. A heat development method for performing heat development by applying light or heat onto a heat-developable recording material including
5 a photothermographic material or a light-sensitive heat-sensitive recording material, characterized in that the target temperature of a heater is increased than normal immediately after the start-up of a heat development apparatus, and subsequently, the increase range is reduced with time.
- 10 2. A heat development method for performing heat development by applying light or heat onto a heat-developable recording material including a photothermographic material or a light-sensitive heat-sensitive recording material, characterized in that the recording light quantity or the recording
15 heat quantity is increased than normal immediately after the start-up of a heat development apparatus, and subsequently, the increase range is reduced with time.
- 20 3. A heat development method for performing heat development by applying light or heat onto a heat-developable recording material including a photothermographic material or a light-sensitive heat-sensitive recording material, characterized in that the target temperature of a heater is increased than normal, and the recording light quantity or the recording
25 heat quantity is increased than normal immediately after the start-up of a heat development apparatus, and subsequently, the increase range is reduced with time.